



iCYCLING

January 2012

Welcome to iCYCLING! iCYCLING is our indoor cycling program with state-of-the-art Keiser M₃ magnetic resistance bikes. Classes are led by nationally certified instructors. iCYCLING is designed for individuals of all fitness levels and experience, from first time riders to experienced racers. It is a perfect program for those looking to incorporate cross-training into their workout AND for those who are specifically training for an event or sports activity. Come be inspired and invigorated with us!! (*i-90- 90 minute class for those looking to build endurance*).

Remember:

- **Bring a towel and water bottle. Headphones are not allowed in class.**
- **Come early if you have never set up a bike before.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 pm 5:30 pm	5:35 am 9:15 am 5:30 Cycle & Core	4:30 pm	5:35 am 9:15 am 5:30 Cycle & Strength	8:15 am 12:00 pm Cycle & Strength	i-90 7:15-8:45am 9:15am	12:30

Class size is limited to 29 participants so you **MUST** sign up at the front desk to participate. Sign up is available 30 minutes before class time. Classes are held in the Cycling room. *Life is short, enjoy the ride!!!*

